



# JOINT READINESS TRAINING CENTER AND FORT POLK RETIREE BULLETIN



VOLUME 2

SEPTEMBER 2009

***COME JOIN US FOR THE 34<sup>TH</sup> ANNUAL RETIREE APPRECIATION DAY  
SATURDAY – 24 OCTOBER 2009***



**COLONEL FRANCIS BURNS ASSUMED COMMAND  
AS FORT POLK'S GARRISON COMMANDER ON 8 JULY 2009**

**INCLUDED IN THIS ISSUE:**

**LOUISIANA VETERANS AFFAIRS VITAL VETERANS' LEGISLATION  
BEAUMONT VA OUTPATIENT MEDICAL CLINIC  
RETIREE APPRECIATION DAY COUNTY FAIR  
ARMY KNOWLEDGE ONLINE (AKO) FOR RETIREES**

## **2009 RETIREE COUNCIL**

COL(R) MONTGOMERY, Harry J., Sulphur, LA  
COL(R) THOMPSON, Ronald, Baton Rouge, LA  
LTC(R) GRIFFITH, Lessie A., DeRidder, LA  
LTC(R) GIBSON, Stephen C., Shreveport, LA  
MAJ(R) BREWER, Alvie, Ruston, LA  
MAJ(R) SAUCIER, Charles E., Alexandria, LA  
CW5(R) LEBLANC, Mervin J., Plaquemine, LA  
SMA(R) GATES, Julius W., DeRidder, LA  
CSM(R) HENDERSON, Carl C., Metairie, LA  
SGM (R) CADOR, Paul, DeRidder, LA  
SGM (R) RYDER, James R., Lake Charles, LA  
MSG(R) BOURG, Rudolph, Lafayette, LA  
MSG(R) CLARK, Lathern P., Bossier City, LA  
MSG(R) BURRELL, George, Bossier City, LA  
SFC(R) HORN, Dan M., Anacoco, LA  
SFC(R) HUMPHRIES, Stephen D., Leesville, LA  
SFC(R) WILLIAMS, Lovelace, Port Arthur, TX  
SFC(R) SHELTON, T.J., Jasper, TX

## **HONORARY COUNCIL MEMBER**

COL(R) CLAYBROOK, Linden, Baton Rouge, LA  
COL(R) KEITH, Norman A., Leesville, LA  
COL(R) ORPHE, Wilson, Lake Charles, LA  
COL(R) TUCKER, Thomas A., Baton Rouge, LA  
LTC(R) GILES, Jimmie, Shreveport, LA  
LTC(R) MILLER, Richard W., Shreveport, LA  
LCDR(R) ENRIGHT, Charles A., Lake Charles, LA  
MAJ(R) DEBNEY, Charles A., Village Mills, TX  
MAJ(R) THOMPSON, George, Leesville, LA  
CW3(R) CLEARY, Joseph, Leesville, LA  
CSM(R) MYRICK, James C., Leesville, LA  
CSM(R) POTTER, Bobby G., Waskom, TX  
CSM(R) WARE, Vernon, Oakdale, LA  
CSM(R) WHERLE, Greg, Leesville, LA  
1SG(R) DEKARSKE, Don, Anacoco, LA  
1SG(R) ESQUIVEL, Daniel J., Donaldsonville, LA  
MSG(R) OTTS, Ancil, Baton Rouge, LA  
SFC(R) DIXON, Harold, Colfax, LA  
CPO(R) VINCENT, Robert, Crowley, LA  
BM1(R) CLARK, Glenn C., Goodrich, TX

## **A LETTER FROM YOUR RETIREE COUNCIL CHAIRMAN**

In our last retiree bulletin we talked about the economic crisis. We now see that even though the economy has many unknowns there are indications that conditions may be improving. Also, each of us

must stay informed about possible changes to our health care benefits. We should continue to voice our support for Retiree Health Care funding.

I hope that you are planning to come and be a part of the 34th Annual Retiree Appreciation Day (RAD) hosted by JRTC and Fort Polk on 24 October 2009. The RAD "County Fair" activities will be located at the Family Readiness Center (FRC), Building 924, on the corner of Mississippi and Belrichard Avenues. The location of the medical services is undetermined at this time due to renovations of Bldg 3504. We are presently pursuing an alternate location that will accommodate medical services.

The 1st MEB Dining Facility will provide a meal from 1100-1300 at a cost of approximately \$3.85. Additionally, the Retiree Appreciation Golf Tournament will be at Warrior Hills Golf Course on 23 October. All golfers or those who just enjoy getting out and having fun should plan on participating. We have excellent prizes in store for golfers.

For more information on RAD events, contact the Retirement Services Officer at (337) 531-0363. Your retiree council always welcomes suggestions on how to better serve you.

"Retired Still Serving."

HARRY J. MONTGOMERY  
Colonel, AUS (Retired)  
Chairman, Fort Polk  
Retiree Council

## **NOTE FROM FORT POLK'S DIRECTOR OF HUMAN RESOURCES**

I cordially invite you and your family to attend the JRTC and Fort Polk's 34th Annual Retiree Appreciation Day on 24 October 2009. This year's event is planned with you in mind and to allow you the time and opportunity to take advantage of all available services. The County Fair activities and registration will begin at 0830 at the Family Readiness Center, Building 924. You will be able to obtain many services from the medical/dental staff, the Staff Judge Advocate (SJA), and other participating agencies. This is a great opportunity to renew old acquaintances and meet new members of the retired community.

I feel that you will find the available activities both informative and enjoyable. It is our pleasure to recognize the efforts of the men and women who made the United States military the outstanding force that it is today. I thank you, the military retiree, for your dedication, contributions, and continued support. Please make plans to attend.

If you need any assistance with retiree benefits, feel free to contact the Fort Polk Retirement Services Officer or staff at (337) 531-0363, or you may write to DHR, Consolidated In/Out Processing, RSO, Bldg. 1830, 2030 14<sup>th</sup> Street, Fort Polk, LA 71459-2305. E-mail: [polk\\_rso@conus.army.mil](mailto:polk_rso@conus.army.mil). Please include your telephone number in your correspondence.

BOBBI STARK  
Director, Human Resources

#### **JOINT READINESS TRAINING CENTER AND FORT POLK WEBSITE**

Visit the Joint Readiness Training Center and Fort Polk Website at <http://www.jrtc-polk.army.mil> and learn more about available installation services and activities. On this home page you will find a special link to Retirement Services that will provide the latest information on Retiree benefits and services.

#### **ID CARDS/DEERS**

Two valid unexpired forms of ID (Drivers license, Retiree ID, Social Security card, etc.) are required for ID card issuance or replacement. Retirees and spouses are required to come in with their Medicare card to receive an updated ID card reflecting the TRICARE for Life eligibility when they turn 65. Indefinite cards can be issued for eligible dependents over the age of 75 and ID cards can be processed via certified mail for those who qualify for this service.

The ID Card Section is located at 2030 14<sup>th</sup> Street, in Building 1830. Hours of operation are: Monday through Friday from 0730 to 1600. Please ensure that you have all supporting documents for changes that are made in DEERS. If you are traveling from a long distance or you are from out of state, please call beforehand if you have questions to confirm required

documentation, and to ensure the system is operational. The telephone numbers for information and/or assistance are (337) 531-1891/1430.

#### **A HOLIDAY AFFAIR – MARK YOUR CALENDAR NOW!**

The Fort Polk Officers' Spouses' Club is proud to say that this year's Arts and Crafts Fair has been set for Saturday and Sunday, November 7 and 8, 2009 at the Warrior Community Center. Shopping hours are 1000 to 1800 on Saturday and 1100 to 1600 on Sunday.

We hope you can join us for some great holiday shopping! If you have questions, or know someone that would like to be a vendor at our Fair, please contact the Arts and Crafts Coordinator at (337) 537-5482. It's going to be "A Holiday Affair" that you will not want to miss!

#### **COMMISSARY NEWS**

The Commissary will conduct the annual Retiree Appreciation Day Case Lot Sale. The Commissary operating hours are:

Sunday.....	1000-1800
Monday.....	Closed
Tuesday.....	0930-2000
Wednesday.....	0930-2000
Thursday.....	0930-2000
Friday.....	0930-2000
Saturday.....	0900-2000

The Commissary opens at 0800 Tuesday - Friday for Early Bird Shopping with limited services until normal store opening times. The point of contact is the Commissary Store Director, Fort Polk, LA (337) 531-2747.

#### **FAMILY AND MORALE, WELFARE, AND RECREATION (FMWR)**

**Fall Fest** – It is time for Fort Polk's Fourth Annual Fall Fest. The family friendly event will take place on Saturday, 7 November 2009 at Headquarters Field and it is open to the public. The festivities commence at 1000 and run through 1700. There

will be plenty of games and inflatables for the kids to enjoy. The adventurous ones can test their agility on the rock wall and kids of all ages will love the pony rides. Great food is always in supply and this event will be no different. Enjoy a variety of tasty treats from one of our many food vendors. If you like to cook ribs and think yours are the best around, then put them to the test. Sign up to take part in our rib cook-off. Live entertainment will be onstage throughout the day.

The Officer Spouses' Club will be hosting their Arts and Crafts Fair in conjunction with this year's Fall Fest. A variety of Arts and Crafts will be on display and with 60-80 booths, there is guaranteed to be something for everyone. So come on out and join us. We look forward to seeing you there!

Warrior Hills Golf Course has been the beneficiary of revitalization. The course looks great, thanks to the nine brand new greens on holes 1-9 and is still the most reasonably priced anywhere in the area at just \$18 for 18 holes. Call (337) 531-4661 for tournament information or to tune up your game. Enjoy a sandwich and refreshment after your game at Mulligan's Bar and Grill.

"NFL Sunday Ticket" satellite package is at Mulligan's and Spare Time Lounge. You won't miss a second of any game this season. Enjoy your favorite team on over thirty big screens while you sit in comfort watching the game with friends, eating plenty of food and enjoying the great atmosphere. Sunday Ticket allows you to watch any game, so you won't miss a play this season. For more information call (337) 531-6273.

**The Strike Zone Bowling Center** – "Monday Madness" has come to the Strike Zone Bowling Center. Bowl as much as you like for \$1 a game and \$1 shoe rental all day! Got the mid-week blahs? Come on down to the Strike Zone for "Wednesday Night Dine and Bowl" from 1100 to 2100. Twenty dollars gets you and three guests a large one topping pizza, a pitcher of soda and bowling for ninety minutes. Shoes are included. Looking for a place to eat dinner? The Strike Zone is the "other" place to eat on Fort Polk. The Strike Zone is offering up the best Philly this side of Philly, juicy burgers, salads, and more. For more information call the Strike Zone at (337) 531-6273.

Do you need assistance with shopping in the Post Exchange or Commissary? The MWR, Program Admin Officer can prepare a letter allowing a person of your choice to accompany you or shop for you. All that is needed is a doctor's statement and your Retiree identification card to verify your military status. For more information, please call (337) 531-7421.

## **BAYNE-JONES ARMY COMMUNITY HOSPITAL (BJACH) NEWS AND HEALTH**

Fort Polk's Medical Activity will offer a variety of health care services to Retirees at the County Fair during Fort Polk's 34th Annual Retiree Appreciation Day in October.

Due to renovation of the Preventive Medicine building, medical services will still be provided, however, the exact location is still to be determined at press time.

As always, Retirees will be asked to check in and present their ID card. Currently, it is not known whether the influenza vaccine will be available; however, the pneumonia vaccine for beneficiaries with high risk medical conditions will be administered. This is typically a one-time inoculation.

Other services will include health and wellness screenings plus counseling, blood pressure screenings, cholesterol test, glucose testing, and glaucoma screening along with packets on eye health and information about the monthly free cataract screening clinic. Information on HIV, nutrition care, and smoking cessation will also be available, as well as, breast exam information, physical and occupational therapy. BJACH's Ask-a-Doc Program will offer Retirees an opportunity to speak with a physician.

Other Health Information (OHI) card renewals will also be available. OHI cards provide verification that beneficiaries have a valid DD Form 2569 - Third Party Collection Program, Record of Other Health Insurance in their medical records. The form is valid for one year from the date it is signed and must be completed. To renew the card, a new DD Form 2569 must be completed.

The law requires that beneficiaries provide the information to BJACH. Falsification of information carries heavy penalties. Providing BJACH with this information will not increase insurance premiums nor will it harm the pocketbook; it will only enhance BJACH's capability to deliver quality medical care.

The Retiree Appreciation Day Health Fair, 24 October 2009, will run from 0830 to 1400. BJACH's Outpatient Pharmacy will be open from 0900 to 1600 to serve those members of the Retiree community who need prescriptions filled.

### **TRICARE RETIREE DENTAL PROGRAM**

There's no reason to skip routine dental care with TRICARE Retiree Dental Program (TRDP) coverage. According to a recent survey conducted last year by the American Dental Association (ADA), there is a rising incidence of skipped dental appointments among Americans. Despite scientific evidence that supports a strong relationship between good dental health and overall wellness, dental care is still considered a luxury item by many.

Part of the reason behind this "silent epidemic" of skipping visits to the dentist can be attributed to economics. In recent months, more Americans than ever before have lost their jobs and, subsequently, their employers' dental insurance plans. Many are fearful of taking time off work and jeopardizing the jobs they have been able to retain, and others are tightening their budgets and opting to pay the mortgage, household bills and other medical bills first. Moreover, access to dental care can be limited in many rural areas, adding to the problem.

Whatever the reason for putting off routine dental visits, it is important to remember that prevention is always less expensive than fixing problems later. Those who forgo seeking even the most routine dental care are really only shorting themselves; without good dental health, oral diseases like gingivitis can lead to more serious health problems down the road if left untreated.

That's why it is important to take advantage of the benefits offered under the TRDP. Both the Basic and Enhanced Programs provide TRDP enrollees with affordable coverage for routine diagnostic and

preventive services such as exams, X-rays, cleanings, and fluoride treatments at 100% of the program allowed amount, without having to meet any deductible or apply any of the annual maximum amount toward the services – thereby making them an excellent value. This routine coverage is available with no waiting period to satisfy, and the option to choose any licensed dentist within the TRDP service area gives enrollees broad access to quality dental care.

As important as it is to practice good oral hygiene at home – including brushing, flossing, and maintaining a healthful diet, obtaining professional dental care like routine cleanings and fillings now may prevent the need for more expensive root canals and crowns later on. With coverage under the TRDP, enrollees have no reason to put off paying regular visits to their dentist for routine dental care and taking care of little problems before they turn into big ones.

### **LOUISIANA DEPARTMENT OF VETERANS AFFAIRS VITAL VETERANS' LEGISLATION BECOMES LOUISIANA LAW**

Louisiana Department of Veterans Affairs (LDVA) Secretary Lane Carson is proud to announce the signing of two bills crucial to moving Louisiana's peacetime Veterans forward. House Bill 165 (HB 165) authored by Representative John Bel Edwards and intended to allow Louisiana's peacetime Veterans entry into the state's five War Veterans Homes, became law with Governor Bobby Jindal's signature before a crowd of war and peacetime Veterans at the annual American Legion State Convention in Alexandria on 12 June 2009.

Two weeks later, Governor Jindal returned to Alexandria and signed Representative Jane Smith's House Bill 559 (HB 559) into law before an excited Veterans of Foreign Wars (VFW) Convention crowd, granting Division of Administration (DOA) Commissioner Angele Davis authorization to set goals for state agencies with regard to encouraging Veteran owned, disabled Veteran owned, and disabled Veteran owned small businesses to compete for state contracts. Both bills – now law – afford increased opportunity and improved quality of life for Louisiana Veterans.

Governor Jindal said, "Louisiana's commitment to Veterans and Soldiers is as strong as ever. We continue to show our commitment to our Veterans and their Families with legislation that ensures they have the opportunities and care they deserve."

HB 165 opens the doors of LDVA's Veterans' homes to approximately 80,000 peacetime Veterans and brings Louisiana in line with the 38 other states that provide extended care for all Veterans who honorably serve in the US Armed Forces. HB 559 stands to positively impact 326,000 Louisiana Veterans', including approximately 37,000 with service connected disabilities. The new law mirrors VETBIZ, a federal program administered by the US Department of Veterans Affairs. VETBIZ offers three percent of all contracts to vetrepreneurs.

Secretary Carson said, "I hope the legislation authored by Representative Edwards and Representative Smith and signed by Governor Jindal - legislation wholeheartedly supported by every Louisiana legislator - sends a clear message to Veterans throughout Louisiana. Your lawmakers are behind you; Governor Jindal is behind you; the Louisiana Department of Veterans Affairs is behind you. Our military men and women make enormous sacrifices for us, for our freedoms. LDVA exists to see that they are tanked in every way possible, and I applaud our Legislators for taking up the cause."

**Leesville Cemetery** – Construction on the addition to the state Veterans' cemetery near Fort Polk is slated to begin between October of 2010 and January of 2011. Phase I will serve 40,000 Veterans with over 20 acres of new land. The federal Veterans Affairs will provide \$6.6 million in funding for Phase I.

### **VA OUTPATIENT MEDICAL CLINIC BEAUMONT, TEXAS**

The VA Outpatient Clinic, located at 3420 Veterans Circle in Beaumont, Texas, provides primary care as well as Mental Health counseling. There are currently nine primary care providers and two mid-level providers assigned to the clinic. The Mental Health Clinic (MHC) has one Psychiatrist, two Advanced Practical Nurses, and a Social Worker. Future plans are to expand the MHC with the addition of another Psychiatrist and Psychologist.

Recently an Audiologist and Audiology tech were added to provide hearing exams, hearing aids, and hearing aid repair. Also, available is an Optometrist. The main clinic is open Monday through Friday, 7:30 to 4:30, excluding Federal Holidays. The Audiology clinic is seeing patients three days a week; Monday, Tuesday, and Thursday. Patients are referred by their primary care provider. For more information contact the Beaumont VA Outpatient Clinic at (409) 981-8550 or visit the main website at <http://www.houston.va.gov/>.

### **UPDATING RETIREE AND ANNUITANT PAY ACCOUNTS**

**Retiree changes in address/status:** Retirees and Annuitants are responsible for updating their pay file at the Defense Finance and Accounting Services-Cleveland (DFAS-CL). Changes of address should be submitted as they occur to ensure receipt of retiree pay, newsletters, 1099R forms, and retiree account statements. If communicating by fax, include your social security number on all pages and sign your request.

**Retiree requests for pay changes:** You may also start, stop, change allotments, and change direct deposit information by calling the toll free number below. Communication should be made to:

If in receipt or entitled to retired pay: Defense Finance and Accounting Service, US Military Retired Pay, PO Box 7130 London, KY 40742-7130, Telephone (800) 321-1080 or (216) 522-5955, Fax (800) 469-6559.

If in receipt or entitled to SBP/RSFPP annuity: Defense Finance and Accounting Service, US Military Annuitant Pay, PO Box 7131 London, KY 40742-7131 Telephone (800) 321-1080, Fax (800) 982-8459.

### **ARMY KNOWLEDGE ONLINE (AKO)**

AKO has a site for Army Retirees at <https://www.us.army.mil/suite/page/559734>. AKO for Army Retirees is your gateway to a wealth of information including Retiree resources on the web and sites covering medical benefits, pay, and state, and regional resources. Be sure to add it to your favorites.

**34TH ANNUAL  
RETIREE APPRECIATION DAY  
SEQUENCE OF EVENTS**

0830 – 1400 COUNTY FAIR  
0830 – 1400 MEDICAL SERVICES  
0900 – 1600 BJACH PHARMACY  
1100 – 1300 LUNCH 1ST MEB DFAC  
1300 DOOR PRIZE DRAWING  
DO NOT HAVE TO BE PRESENT TO WIN  
0900 – 1400 FORT POLK HISTORICAL  
HOLDING AREA VEHICLE PARK

**“COUNTY FAIR ACTIVITIES”  
(BUILDING 924)**

TRICARE AND TRICARE RETIREE DENTAL  
LEGAL SERVICES ID CARDS  
VEHICLE REGISTRATION  
VETERANS SERVICES AND ORGANIZATIONS  
FMWR ACS AER ACAP ASAP  
HUNTING/FISHING INFORMATION  
RETIRED PAY INFORMATION

**“MEDICAL SERVICES”  
(LOCATION TO BE DETERMINED)**

HEALTH AND WELLNESS  
SCREENING/COUNSELING  
IMMUNIZATION: PNEUMONIA VACCINE  
FLU VACCINE (IF AVAILABLE)  
EYE EXAM HEARING EXAM  
BLOOD PRESSURE SCREENING  
CHOLESTEROL TESTING ASK A DOC  
GLUCOSE TESTING  
GLAUCOMA SCREENING

**“DINING OPTIONS”**

1ST MEB DINING FACILITY, BLDG 2382  
APPROXIMATE COST \$3.85 1100 - 1300

HUDDLE HOUSE BURGER KING  
HICKORY SMOKEHOUSE PX FOOD COURT

**RETIREE APPRECIATION DAY  
ACCOMODATIONS**

Retirees who desire overnight accommodations can make their own reservations at the following locations. Local Inns/Motels include:

**Magnolia House**, (337) 531-9200/9237, Fort Polk, LA. Reconfirm 2 days prior to arrival

**Landmark Hotel**, (337) 239-7571, Hwy 171 South, Leesville, LA

**Country Inns**, (337) 238-3506/800-256-2210, Hwy 171 South, Leesville, LA

**Days Inn**, (337) 239-2612/800-329-7466, Hwy 171 South, Leesville, LA

**Sandman Travel Inn**, (337) 239-0950, Hwy 171 South, Leesville, LA

**Best Western Stagecoach Inn**, (337) 392-1672, 1200 North 6th Street, Leesville, LA

**Holiday Inn Express**, (337) 239-2122, 3032 Colony Boulevard, Leesville, LA

**Redwood Motor Inn** (337) 239-2677, 1801 S 5th Street, Leesville, LA

**Country Inns**, (337) 462-3665, 1213 North Pine Street, DeRidder, LA

**Skippers Motel**, (337) 463-4421, 740 North Pine Street, DeRidder, LA

**Stagecoach Inn**, (337) 462-0022, 505 E 1st St., DeRidder, LA

**Toledo Bend Army Recreation Site**, (888) 718-9088 (Mobile Homes & RV Sites for rent)

**MARK YOUR CALENDAR TO ATTEND  
JRTC AND FORT POLK'S 34TH ANNUAL RETIREE APPRECIATION DAY  
24 OCTOBER 2009**

DHR CONSOLIDATED IN/OUT  
PROCESSING RSO BLDG 1830  
2030 14<sup>TH</sup> STREET STE 4  
FORT POLK LA 71459-5302

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OFFICIAL BUSINESS



The Secretary of the Army has determined that the publication of this periodical is necessary in transacting public business as required by law of the Department. Use of funds for printing this publication has been approved by the United States Army Forces Command, FCJ6-OAP, Publications and Printing, Fort McPherson, GA 30330-6000 on 30 Nov 90. The local office for publication of this periodical is the Directorate of Human Resources, Retirement Services Office, ATTN: IMSE-POL-HRM, Fort Polk, LA 71459-5302. Commercial and DSN Telephone Numbers: Comm: (337) 531-0363; DSN 863-0363. This publication is mailed to all US Army retirees living in Louisiana and in nine counties of Southeast Texas, as well as retirees from all branches of service residing in a 40-mile radius of Fort Polk. Articles in this bulletin do not necessarily reflect the position of the Department of the Army or Fort Polk. We do our best to ensure accuracy; some material was provided by the RSO.